

# Are you using physical activity or exercise to lose weight or keep from gaining weight?\*

## Kentucky BRFSS 2001

Demographic Groups	Total Respond.#	Yes			No		
		N	%	C.I.(95%)	N	%	C.I.(95%)
TOTAL	4458	2291	55.0	(52.9-57.0)	2167	45.0	(43.0-47.1)
GENDER							
Male	1535	789	55.8	(52.4-59.2)	746	44.2	(40.8-47.6)
Female	2923	1502	54.3	(51.7-56.8)	1421	45.7	(43.2-48.3)
RACE							
White/NH	4086	2086	54.3	(52.1-56.4)	2000	45.7	(43.6-47.9)
African American/NH	209	117	58.7	(49.5-67.3)	92	41.3	(32.7-50.5)
AGE							
18-24	318	213	70.1	(63.1-76.2)	105	29.9	(23.8-36.9)
25-34	796	485	61.4	(56.6-66.0)	311	38.6	(34.0-43.4)
35-44	947	525	56.7	(52.3-61.1)	422	43.3	(38.9-47.7)
45-54	949	494	56.9	(52.6-61.2)	455	43.1	(38.8-47.4)
55-64	700	314	47.2	(41.8-52.6)	386	52.8	(47.4-58.2)
65+	728	250	35.9	(31.3-40.7)	478	64.1	(59.3-68.7)
EDUCATION							
Less Than H.S.	826	265	34.5	(30.1-39.3)	561	65.5	(60.7-69.9)
H.S. or G.E.D.	1665	809	50.3	(47.0-53.7)	856	49.7	(46.3-53.0)
Some Post-H.S.	1072	610	61.3	(57.1-65.4)	462	38.7	(34.6-42.9)
College Graduate	888	606	68.8	(64.5-72.9)	282	31.2	(27.1-35.5)
HOUSEHOLD INCOME							

Less than \$15,000	621	198 33.8 (28.3-39.8)	423 66.2 (60.2-71.7)
\$15,000- 24,999	725	339 47.3 (42.0-52.7)	386 52.7 (47.3-58.0)
\$25,000- 34,999	550	291 52.6 (46.9-58.3)	259 47.4 (41.7-53.1)
\$35,000- 49,999	613	363 61.4 (56.3-66.2)	250 38.6 (33.8-43.7)
\$50,000+	917	626 68.9 (64.7-72.8)	291 31.1 (27.2-35.3)

\*This question is asked only if the respondent reported trying to lose or maintain weight.

#Use caution in interpreting data for total respondents less than 50. N = Cell Size, NH = Non-Hispanic,  
%

= Percentage, C.I.(95%) = Confidence Interval (at 95 percent probability level).

Percentages are weighted to population characteristics.

Unless stated differently above, Missing, 'Don't know', and Refused responses are excluded.